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A Dynamical Approach to Psychological Resilience

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Propositions

1. Resilience can only be determined by measuring humans over time (this thesis).
2. A dynamical systems approach provides the next logical step to studying resilience in sports (this thesis).
3. The generalizability from group-data to the individuals in a sample needs to be tested explicitly (this thesis).
4. Stressors can help us to develop resilience and improve performance (this thesis).
5. Nonlinear time-series analyses can identify early warning signals of resilience losses (this thesis).
6. The field of psychology may move forward by leveraging insights from the domains of toxicology, ecology, and evolutionary biology (this thesis).
7. тот же молот что дробит стекло, куёт сталь. (Russian saying, EN: The same hammer that breaks glass, forges steel.)
8. "I have failed over and over again. That is why I succeed." – Michael Jordan
9. "And let that be a lesson to you all. Nobody beats Vitas Gerulaitis 17 times in a row!" – Vitas Gerulaitis (after beating Jimmy Connors following 16 consecutive losses)